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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-17)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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(950141)-All Hands magazine Announces Call for Photos (para 3)
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HEADLINE: Sailors Making a Difference in Oklahoma City
NWSA Oklahoma City, OK (NSMN) -- The Oklahoma City Naval and Marine Corps Reserve Readiness Center is making a difference in helping the community recover from the devastation caused by the bomb explosion in front of Oklahoma City's Alfred P. Murrah Federal Building on 19 April.

"When there is a disaster, the first thing that comes to mind is to help individuals and that's exactly what we did," said the Reserve center's commanding officer, CDR Irvin G. Williams, USNR (TAR), of Houston, TX. "We responded on the human side to help someone in need and it just so happened that as a Navy unit we more or less formed a team and went out to assist."

Response to the need for help was immediate. Petty Officers Third Class Alex and Michelle Alejandro, both hospital corpsmen, are a husband and wife team who have recently been assigned to the Reserve unit affiliated with Naval Hospital Pensacola, FL. They rushed to the scene from their separate work places in the downtown Oklahoma City area just moments after the blast. They provided medical assistance to those injured in the blast without knowing until the end of day whether the other was injured in the explosion.

HMC Bruce McKee of Lebanon, OR, HM1 Nils Carlstrom of Iowa

Park, TX, and HM1 Mike Schatz of Tonkawa, OK, all assigned to the Reserve center, also responded immediately after learning of the explosion.

McKee and Carlstrom were working at the center, approximately seven miles from the federal building, at the time of the explosion. After initially reporting to St. Anthony's Hospital, they then went to the site of the explosion to help set up a triage unit. "We were prepared to receive patients, stabilize them and then put them in an ambulance," said McKee.

"The injuries at the Murrah building were the type we train to respond to on a daily basis. As a hospital corpsman, you anticipate having to do something like this somewhere in time," said Carlstrom. Navy training helped the Sailors overcome the stress and emotion of the situation.

Schatz answered the call for help from Ponca City, OK, a small town located approximately 110 miles from Oklahoma City. When he called the Reserve center, he learned that McKee and Carlstrom had already departed to assist in the rescue effort.

Once Schatz arrived at the scene, he saw that no military command area existed. Finding other Sailors and Marines at the scene, he took charge and organized them into two-person squads.

"We volunteered as a group, helping search and rescue efforts inside the federal building and standing guard and security duty," said Schatz. "We helped provide medical support and assisted search and rescue dog teams, as well as helping to remove the American flag and Marine Corps colors from the Marine Corps recruiting office. We used the buddy system -- our people showed nothing but professional and compassionate behavior."

Schatz said the damage to the surrounding area was something that the lens of the television camera isn't quite able to capture. "The amount of damage sustained by the entire downtown area is enormous," he said.

"It was pure chaos," Carlstrom said, "windows blown out, panic all around."

McKee, with 20 years of naval service, had only his experiences in Vietnam to compare with the devastation. He summed up his feelings and perhaps those of the entire nation when describing his thoughts three days after the explosion.

"A lot of people are still in shock. You ask yourself why a such a terrible thing such as this can happen."

"It brought back memories of the Beirut bombing of the Marine Barracks in the early '80s," said Williams. "However, with all the negative scenes around, I did notice a positive aspect. In the midst of the devastation, I also saw compassion and togetherness, people from all services and walks of life working together to get as many out of the building as possible. It was pure teamwork."

That teamwork is needed now more than ever as Oklahoma City copes with the loss of so many members of its community. Sailors and Marines are valuable members of this strong, united community, and in the months ahead, together with their civilian neighbors, they will work to rebuild and restore what was lost in an instant.

Story by LT Dennis Moynihan, CHINFO, and JOCS Mike Beal, CNRC

(This story combines several separate articles, published originally in Navy Wire Service A of 24 April 1995.)

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HEADLINE: Procurement Management Review Brings Praise to Hospital
NAVHOSP Corpus Christi, TX (NSMN) -- Naval Hospital Corpus Christi received impressive marks from the Naval Supply Procurement Management Review (PMR) inspectors during their recent inspection of the command's procurement operation.

The team of inspectors from the Fleet Industrial Support Center (FISC) San Diego reviewed all procurement and contracting requirements, including open-market purchases, Blanket Purchase Agreements, internal contracts, external contracts and receipt control functions. Ms. Elizabeth Walker, head inspector, characterized the "much improved procurement team" as a dedicated and hard-working unit doing a superb job.

The procurement and contracting staff, under the leadership of Ms. Derry Longoria, displayed a keen sense of attention to detail and provided consistent outstanding customer service to the end-users of material, services and equipment. The purchasing agents, Ms. Carol Abell and Ms. Ezzie Garcia, were commended for their superb efforts and dedication to the mission of Naval Hospital Corpus Christi.

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HEADLINE: Imagine There's No Hassle -- Easy If You Try

USNH Yokosuka, Japan (NSMN) -- Imagine: Your medical record available to the doctor at all times -- in the computer on his or her desk. Imagine: Your health care provider orders a blood test or an X-ray -- on the computer. Imagine: Your prescription is sent directly from the physician's computer to the Pharmacy. Your medication is waiting for you by the time you get there.

CHCS, the Composite Health Care System, is a computerized system that links all patient care and support areas of the hospital -- clinical ancillary and administrative. It recently came to U.S. Naval Hospital Yokosuka, and is already functioning at large stateside military medical treatment facilities. It enables physicians and other authorized health care providers to access information and order tests instantly, from their desks. After a patient examination, information can be put into the system immediately and accurately.

The process of implementing CHCS at U.S. Naval Hospital Yokosuka has involved virtually all areas of the hospital, where the staff has been planning for the system for over a year. In early March, a team was installing new computer terminals, wiring all floors of the hospital and training staff members how to manage information in the system. Registration forms were sent to commands and area ombudsmen, and a copy of the form went to the local Navy newspaper, the Seahawk. As the hospital and the system experience inevitable growing pains, staff and beneficiaries alike should focus on the rewards of an even better, faster service.

"In the beginning it will sit there like a big newborn baby, exploring its fingers and toes and wondering what they are for,"

said Murray Simpkins, who's in charge of bringing CHCS online. But, he says, it's "our baby," not just his. The system "will have to be the Hospital's system if it is to be successful."

Simpkins continued the analogy, saying CHCS, "like all babies, will develop a hunger, a hunger for knowledge, for input. Our baby will suck up information, ideas, concepts and attitudes, which will define its character when it grows up. We will feed it many things. It will absorb all that AQCESS ever had, burp, and ask for more."

Simpkins advised all new parents -- the hospital staff -- to come in for training, in preparation for the "months and years of nurturing, training and hard work before our young charge realizes its full potential."

Just as it takes a village to raise a child, it will take a team to ensure CHCS becomes what it was meant to be. Join the team. With knowledge and nurturing, CHCS can become all we imagine.

Story by Bill Doughty

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HEADLINE: BUMED Decedent Affairs Transferred to OMDA

BUMED Washington (NSMN) -- Effective 1 May 1995, questions regarding routine mortuary/decedent affairs issues will be handled by the Office of Medical and Dental Affairs in Great Lakes, IL. The point of contact there is HMC Gene Paul, at DSN 792-3950 or commercial (708) 688-3950, extension 628.

All applicable message traffic should be rerouted to MEDDEN AFFAIRS GREAT LAKES IL with information copies to the Bureau of Medicine and Surgery's MED 33. Policy decisions will remain under the cognizance of MED 33.

Direct care facilities should make note of the new address and phone numbers for mortuary/decedent affairs issues:

OMDA - Code 03B2, P.O. Box 886999, Great Lakes, IL 60088-6999; (708) 688-3950, x628; DSN 792-3950; toll free 1 800 876-1131; 24-hour (708) 688-3950.

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HEADLINE: Improvement in Fitness Lowers Mortality Risk

AMA Chicago (NSMN) -- Men who maintain or improve their physical fitness level lower their mortality risk compared to unfit men, according to an article in a recent issue of the Journal of the American Medical Association.

Steven N. Blair, P.E.D., from the Cooper Institute for Aerobics Research, Dallas, and colleagues tested the hypothesis that changes in physical fitness produces changes in risk of mortality.

Blair released the study at an AMA media briefing highlighting the 12 April Health Promotion and Disease Prevention issue of JAMA.

The researchers found: "We observed a reduction in mortality risk in the total population of men who maintained or improved physical fitness. This reduction was present in both healthy and unhealthy men, and these results were consistent across age groups. Changes in fitness, either an increase or

decrease, were associated with hypothesized and biologically plausible changes in risk, irrespective of the baseline fitness level."

The study consisted of 9,777 men who were given two preventive medical examinations, each of which included assessment of physical fitness by maximal exercise tests (treadmill) and evaluation of health status. The main outcome measures were all-cause and cardiovascular disease mortality. The mean interval between examinations was 4.9 years. The mean follow-up from the subsequent examination was 5.1 years.

Physical fitness was measured by exercise test tolerance using a standard treadmill protocol. Treadmill test duration was the variable used in the analyses. Test time with this protocol is highly correlated with measured maximal oxygen uptake. Thus, physical fitness in the study is analogous to aerobic power. The least fit 20 percent of the men in each age group were classified as unfit, with the rest classified as having moderate to high fitness levels.

Men who were initially evaluated as unfit and improved to being at least moderately fit by the subsequent evaluation reduced their mortality risk by 44 percent. Improvement in fitness was associated with lower death rates after adjusting for age, health status and other risk factors of premature mortality. The more the men improved their fitness, the more they reduced their risk. For each minute increase in maximal treadmill time between examinations, there was a corresponding 7.9 percent decrease in risk of mortality.

Men who were unfit at both visits had the highest death rate; men who were fit at both visits had the lowest death rate; and men who changed fitness status had intermediate rates.

Concerning why improved fitness lowers the risk of mortality, the authors believe that the results of this investigation are consistent with biologic plausibility. Increased levels of physical activity and fitness are hypothesized to act through beneficial changes throughout the cardiovascular system. "Presumably, such changes were enhanced among those participants who improved their physical fitness."

Said Blair: "One of the most striking findings of the study was that men who improved from unfit to fit reduced mortality risk as much as the smokers who stopped smoking."

The researchers conclude: "Results presented herein show the effect of changes in physical fitness on mortality and provide additional support for the hypothesis that an active and fit way of life improves health and delays death.

"Physicians should encourage unfit men to improve their fitness by starting a physical activity program."

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3. Events, observances and anniversaries for the May, 1 - 10 May, and BUPERS' Important Dates for May:

Asian-Pacific Heritage Month

National Physical Fitness and Sports Month (202/272-3427)

National Arthritis Month (404/872-7100, ext. 6343)

National Asthma and Allergy Awareness Month (1-800-878-4403)

National Clean Air Month (American Lung Association
 (212/315-8700)
 Better Hearing and Speech Month (301/897-5700)
 National Sight-Saving Month (1-800-331-2020)
 Better Sleep Month (703/683-8371)
 Correct Posture Month (American Chiropractic Association, 1-
 800-986-4636)
 National Digestive Diseases Awareness Month (202/544-7497)
 National High Blood Pressure Month (301/251-1222)
 Huntington's Disease Awareness Month (1-800-345-HDSA or
 212/242-1968)
 National Melanoma/Skin Cancer Detection and Prevention Month
 (Department of Communications, American Academy of Dermatology,
 930 N. Meacham Rd., Schaumburg, IL 60173)
 National Mental Health Month (703/684-7722)
 National Neurofibromatosis Awareness Month (1-800-323-7938)
 National Stroke Awareness Month (American Heart Association:
 1-800-553-6321; National Stroke Association: 1-800-STROKES)
 Older Americans Month (202/401-4541)
 National Trauma Awareness Month (1-800-556-7890)
 National Bike Month -- "A Fun Way to Stay Healthy"
 1 May, 0001: Naval District Washington shifts to summer
 uniform
 1 May: Law Day USA
 1-7 May: Public Service Recognition Week
 4 May 1494: Christopher Columbus discovered Jamaica
 4 May: National Day of Prayer
 4 May - 6 June: 1995 Navy-Marine Corps Relief Society Fund
 Drive -- "Assisting Sailors, Marines and Their Families for 91
 Years"
 5 May 1847: American Medical Association began
 5 May 1925: John Scopes arrested for teaching evolution
 6 May: Nurses Day
 6-12 May: National Nurses Week (202-651-7021)
 7-13 May: National Running and Fitness Week (301/913-9317)
 7-13 May: National Hospital Week (916/552-7577)
 7-13 May: Be Kind to Animals Week
 8 May 1945: V-E Day
 8-14 May: National Stuttering Awareness Week (1-800-922-
 9392)

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BUPERS Lists Important Dates for Navy Personnel
 1 May: Surface Department Head Board Convenes
 2 May: Joint Special Officer Board Convenes
 8 May: Submarine CO/XO Board Convenes
 9 May: Active O-4 Line Board Convenes
 9 May: Morning (0600-0800) and Night (until 2200) Detailing
 (Washington, DC, time)
 15 May: Reserve Staff LDO, Medical Corps, Dental Corps,
 Nurse Corps, Supply Corps, Medical Service Corps, Judge Advocate
 General, Civil Engineer Corps and Chaplain O-6 and O-5 Boards
 Convene
 23 May: Morning (0600-0800) and Night (until 2200)

Detailing (Washington, DC, time)

30 May: Aviation Command Screen Board Convenes

31 May: Senior Enlisted Academy Board Convenes

31 May: Ensign FitReps Due

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HEADLINE: All Hands magazine Announces Call for Photos

CHINFO Washington (NSMN) -- All Hands magazine has set 18 May 1995 as the focal date for their "any day in the Navy" photographic montage. Both amateur and professional, civilian and military photographers are being asked to record what's happening on their ship or installation on 18 May. A special photo feature will appear in the October edition of All Hands magazine, the Navy's monthly flagship publication distributed worldwide.

All Hands magazine needs your help to make the second annual photo feature, any day in the Navy, another success. Last year, we received more than 12,000 images from the fleet, some of which were published in the October issue. The magazine was one of our most popular ever. Be where the action is on 18 May and capture your people and your command for possible inclusion in the coverage of any day in the Navy, 1995.

We need photos that tell a story and capture the faces of active duty and Reserve Sailors, Marines, their families and naval employees. We're looking for imagination and creativity. Shoot what is unique to your ship or installation, something you may see every day but others may never get the opportunity to experience.

"We're looking for the best photos from the fleet," said JOC David Butts, of All Hands magazine, "for a worldwide representation of what makes the Navy what it is."

Be creative. Use different lenses -- wide angle and telephoto -- to give an ordinary photo a fresh look. Experiment with silhouettes and time exposed shots.

Photos must be shot in the 24-hour period of 18 May. Submit processed color slides or 5x7 or 8x10 color or black and white prints. Photos should be printed for magazine quality.

Submissions must include full credit and outline information. This includes full name, rank and duty station of the photographer; the names and hometowns of identifiable people in the photos; details on what's happening in the photos; and where the photos were taken. Captions must be attached individually to each photo or slide. Photos must be processed and received by All Hands no later than 19 June 1995. Photos will not be returned.

Mail submissions to: Naval Media Center, Publishing Division, NavSta Anacostia Bldg. 168, 2701 S. Capitol St. SW, Washington, DC 20374-5080. Questions may be addressed to PH1 Dolores Anglin at DSN 288-4209, (202) 433-4209, or by email at anglin@media.mediacen.navy.mil.

-USN-

HEADLINE: President Proclaims National Day of Prayer

THE WHITE HOUSE, Washington (NSMN) -- President William J.

Clinton signed the following presidential proclamation, declaring 4 May as a National Day of Prayer:

Our Nation was built on the steadfast foundation of the prayers of our ancestors. In times of blessing and crisis, stability and change, thanksgiving and repentance, appeals for Divine direction have helped the citizens of the United States to remain faithful to our long-standing commitment to life, liberty, and justice for all.

This reliance on spiritual assistance has especially characterized times of national transition and uncertainty. As our country was ravaged by the Civil War, Abraham Lincoln remarked, "I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go." And with him, millions of slaves cried out to the Almighty for an end to their suffering.

Abolitionist Frederick Douglass said this about the spiritual songs sung on the plantations: "Every tone was a testimony against slavery, and a prayer to God for deliverance from chains." Since that time, we have witnessed tremendous improvements in relations between people of all races and backgrounds. Indeed, long ago, through the work of prayer and common effort, and with the inspiration of the Creator, we began to turn the tide in this Nation from divisiveness and recrimination toward reconciliation and healing.

Let us not forget those painful lessons of our past, but continue to seek the guidance of God in all the affairs of our Nation. We must not become complacent, but rather press onward for the protection of the vulnerable and the downtrodden. In the words of President Lincoln, "it behooves us then to humble ourselves before the offended Power, to confess our national sins and pray for clemency and forgiveness" for any injustice we perceive in our midst. May we, the people of this country, set a steady course, dedicated to respect for one another and for individual freedom.

The Congress, by Public Law 100-307, has called on our citizens to reaffirm annually our dependence on Almighty God by recognizing a "National Day of Prayer."

NOW, THEREFORE, I, WILLIAM J. CLINTON, President of the United States of America, do hereby proclaim May 4, 1995, as a National Day of Prayer. I call upon every citizen of this great Nation to gather together on that day to pray, each in his or her own manner, for God's continued guidance and blessing.

IN WITNESS WHEREOF, I have hereunto set my hand this fourteenth day of March, in the year of our Lord nineteen hundred and ninety-five, and of the Independence of the United States of America the two hundred and nineteenth.

Signed WILLIAM J. CLINTON

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. E-MAIL

NMCOENL@BUMED10.MED.NAVY.MIL//

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